



US Army Area III Support Activity

Safety Bulletin



ATTENTION



Staying Safe in Cold Weather



The winter season is upon us. Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. Follow these tips to stay safe in cold weather:

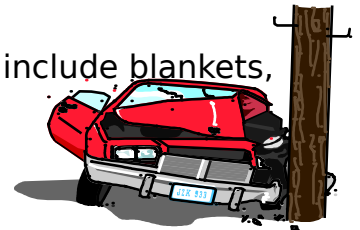
Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low. If possible, dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.



Traveling and winter can be a dangerous combination. Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.



Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first aid supplies.



NEVER allow anyone who has been drinking alcohol to drive.



Area III Safety Office, 754-6000~3

Cold- and heat-related emergencies can occur quickly. Be prepared!